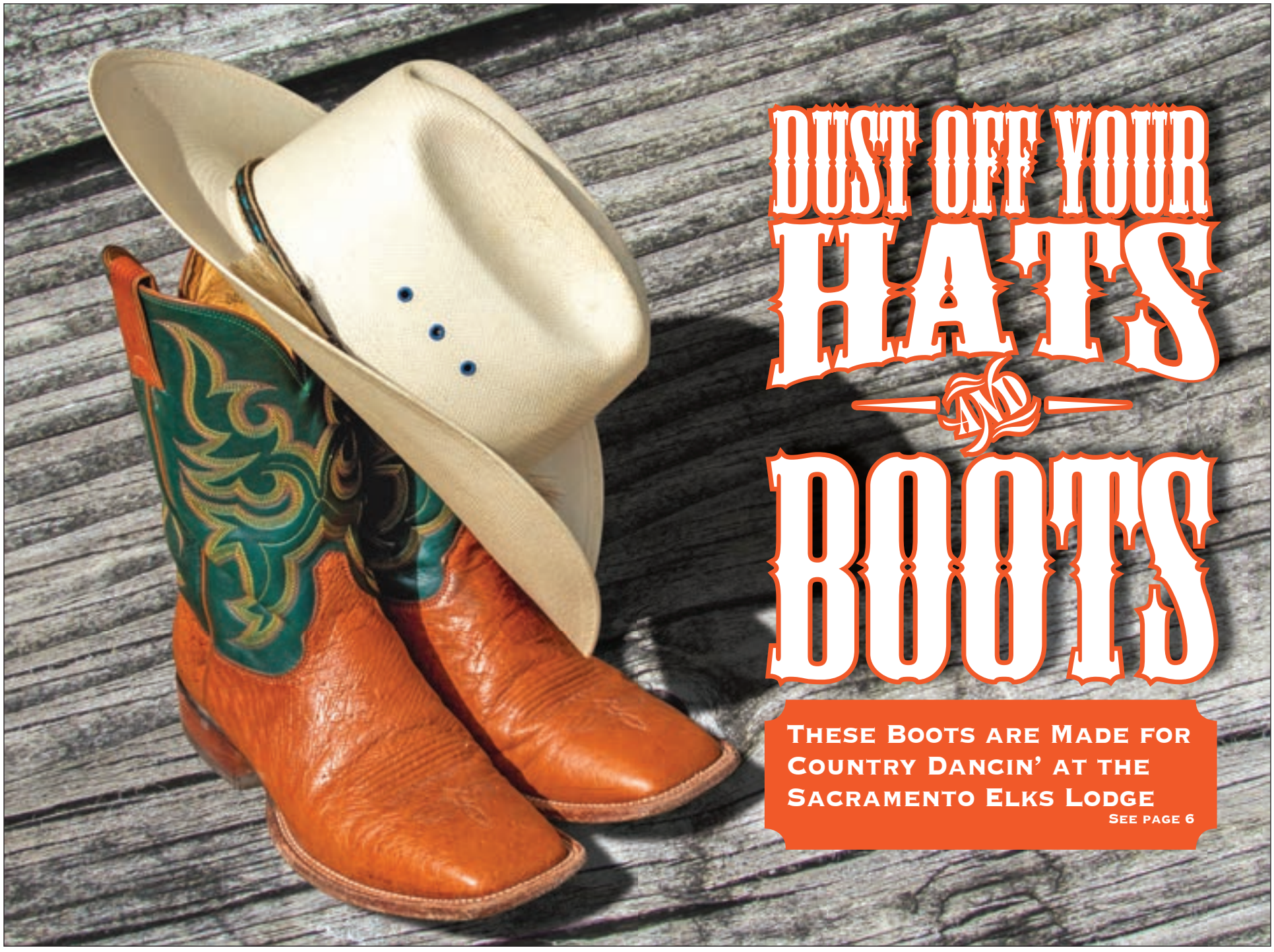
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Pocket News

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DUST OFF YOUR HATS AND BOOTS

These Boots are Made for Country Dancin' at the Sacramento Elks Lodge

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Local kids club formed out of a desire to help others

See page 4



Link Crew brings students back together at JFK

See page 17



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FROM YOUR VICE MAYOR, RICK JENNINGS



We've watched. We've waited. And now, it's time to shop:

Delta Shores is here!

We have had over 17 stores open for business in Delta Shores and are expecting an additional 32 to open over the next few months. Yet, Delta Shores is not the only source of new business in our area. The Promenade Shopping Center is also expecting 6 new businesses to open by the end of the year along with a few more opening in our other local shopping centers. It is an exciting time as, many of our existing businesses and shopping centers are renovating and refreshing. There is something new everywhere you turn!

With all the new and renovating businesses occurring our community, we share the excitement with my Pocket-Greenhaven neighbors. It's no secret that I have been a long-time supporter of shopping locally. So, it brings me great joy to help bring even more opportunities to shop locally in our own community.

Shopping locally provides many benefits far beyond those experienced by the local business. Here are just a few of those benefits:

Shopping locally re-circulates money in our community. When you shop at locally owned businesses, more money is kept within the community because local businesses and their employees tend to purchase from other local businesses. Shopping locally helps grow other businesses as well as our region's tax base.

Shopping locally increases local employment. Small local businesses are the largest employers nationally. Most new jobs are provided by local businesses. This also holds true for larger chains because local employees best know the local clientele.

Shopping locally supports local nonprofits. Non-Profits often receive greater financial support from local business owners, sometimes as much as 350% more money, than they do from non-locally owned businesses (according to American Express' Small Business Saturday).

Shopping locally reduces environmental impact. A large variety of local businesses means shorter travel times to shop. Many of our local businesses are close enough to walk or bike to. The addition of so many new local businesses means that those who choose to drive can now spend less time getting there.

Shopping locally is an investment in our own community. Local businesses are owned by people who tend to live in this community, are less likely to leave, and are more invested in the community's future. Even our larger, corporate-owned businesses prefer to invest in our local schools, organization and events over supporting non-local causes.

Shopping locally puts your taxes to good use. Local businesses require comparatively little infrastructure investments, add more to our tax base and make more efficient use of public services.

Shopping locally encourages positive competition and diversity, leading to more consumer choices. A marketplace of thousands of small businesses is the best way to ensure innovation and lower prices over the long-term. It is our loyalty to local businesses that has

See Shopping Locally, page 3

acc SENIOR SERVICES

What's New in November?

Android Smartphone Training - Monday, November 6, 2:30-4:30pm; Free

Family Caregiver Support Group – Thursday, November 9, 12:00-1:30pm; Free

Android Smartphone Training - Thursday, November 9, 3:30-5:30pm; Free

Diabetes 101-Meal Planning Basics - Tuesday, November 14, 3:00-4:30pm; Free

Internet Security - Thursday, November 16, 2:30-3:30pm; Free

For more information or to register, contact Anna Su at (916) 393-9026 or classes@accsv.org.
For a complete list of our classes and free workshops, visit our website at www.accsv.org.

7334 Park City Drive, Sacramento, CA 95831 • www.accsv.org

Shopping Locally:

Continued from page 2

attracted over 50 new businesses to open in our area by the end of 2017. And, our reward for such loyalty will be greater consumer choices and lower prices.

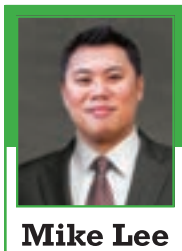
Why am I so excited about all the new and improved businesses coming to our community? Because these businesses bring with them even more opportunity to shop local. And, shopping local brings so much good for our Pocket/Greenhaven community.

So, shop and shop and shop some more!

Visit www.cityofsacramento.org/Mayor-Council/Districts/District7 for updates on new businesses coming to our area. And, follow me on social media as we celebrate their openings.

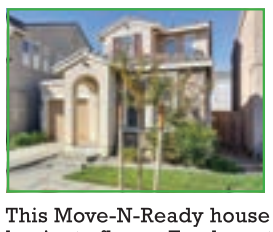
Delta Shores Businesses	Opening
Petsmart	Sept. 2017
Party City	Sept. 2017
Dick's	Sept. 2017
ULTA	Sept. 2017
In & Out	Sept. 2017
Hobby Lobby	09/22/17
Sleep Train	09/27/17
Ross	10/02/17
Starbucks	10/02/17
Famous Footwear	10/04/17
El Pollo Loco	10/09/17
Panda Express	10/16/17
Great Clips	10/20/17
Eyebrow Arch	10/21/17
Metro PCS	10/21/17
The Joint	10/21/17
Verizon	10/22/17
Sports Clips	10/22/17
T-Mobile	10/23/17
Cricket Wireless	10/23/17
Bath & Body Works	10/27/17
Daiso	10/30/17
Walmart	11/01/17
Gnc	11/03/17
AT&T	11/03/17

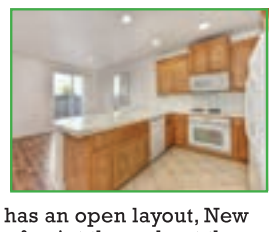
Delta Shores Businesses	Opening
Deli Delicious	11/03/17
Comcast	11/06/17
Pieology	11/07/17
9th Snow & Snacks	11/07/17
Lee Spa Nails	11/09/17
Noodles & Company	11/13/17
Dazzling Nails	11/13/17
Jersey Mike's	11/23/17
Menchies Yogurt	11/23/17
Habit Burger	11/23/17
Chipotle	11/23/17
Jamba Juice	11/23/17
Panera Bread	11/27/17
Pacific Dental	12/05/17
Hokee Poke	12/22/17
Amazing Lash	12/29/17
RC Willey	01/14/18
Regal	01/24/18
Chick-Fil-A	02/15/18
Fire Wings	TBD
Repair All	TBD
The Sandwich Spot	TBD
Beauty by Thread	TBD
Sprint	TBD



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Taking charge to change the world:

Local kids club formed out of a desire to help others

By MONICA STARK
editor@valcomnews.com

Woken at 2 a.m. and told she had to pack a bag, 11-year-old Ella of Glen Ellen didn't know what was going on around her. Ella, whose home was completely destroyed by the recent fires in Napa, spoke with friends in Sacramento about the fire and making it out safely.

As the world around her immediately changed, Ella's peers gathered in the Little Pocket home of Gisele Matocq, age 12, wondering how she was coping and feeling the need to do something to ease the girl's loneliness. On Sunday, Oct. 15, they gathered together to make 31 friendship bracelets, and collected (as of that evening) 30 backpacks, 86 items of school supplies, 453 diapers, 736 wipes, 53 pair of new socks, 18 clothing items, and 320 travel-size toiletries to help fire victims like Ella.

Each donning a shirt with the words "KIND IS COOL" across the front, the kids regularly visit Gisele for gatherings, or as they call them "club meetings" during which time projects are decided upon and worked on.



Photo courtesy

From left to right, back row (standing): Natalia Vallejo, Ava Delucchi, Kendall Holman, Nicole Staggs, Katie Leung, Madison Lessing. Front row (sitting): Abigail Lessing, Steven Holman, Abigail Pierce, Gisele Matocq. (I did get permission from each of their parents for any interview/photos). This photo represents about 1/3 of the club members.

The Sunday, Oct. 15 gathering of the club, aptly called, Kids Can Change the World, came on the heels of the fires that ravaged Northern California, affecting their friends. As Gisele explained, "My friend's mom came up with the idea because one of their friends is a fire victim and is feeling a little lonely, so we decided to make friendship bracelets for them."

Gisele's genuine ambition to help those in need has been infectious among those whom she's approached regarding the kids club. Her mother, Lisa, says Gisele has always enjoyed helping those less fortunate and doing community service projects, but decided that the impact would be greater (and the activities more fun) if she invited some friends to join her. They they formed the kids community service club earlier this year. Around the same time, while shopping at Target, Gisele found a T-shirt with the logo, "KIND IS COOL" and decided that not only did she want to buy it, but she thought it would be a perfect club shirt, as it sends a powerful message and would convey the sentiments of the club members. She and her mom Lisa learned later that the KIND IS COOL shirt is part of Target's anti-bullying campaign.

By February of this year, there were more than 20 kids in the club, ages 8-13, and Kids Can Change the World Club of Sacramento was off and running. The club has about the same amount of kids as are in her entire seventh grade class at Genevieve Didion K-8, but club members hail from various schools in the area -- Sutter and Cal middle schools, Brookfield and Merryhill.

Every club member receives a KIND IS COOL shirt upon joining. From making Valentine's Day cards for senior citizens to collecting food items for the homeless and helping abandoned animals, the group promotes kindness at every level and rejects any type of bullying.

Asked about the impetus to take on such a responsibility, Gisele said, "My brother and my family were always doing a bunch of projects and so was I, so I decided to start the kids club because I wanted to get more done and it's more fun because it's with my friends."

On a given Sunday, you will find them sitting around Gisele's living room, readying themselves for the meeting. "They just come for the

See Kids club, page 14

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Vendors fill Elks Lodge at annual arts and crafts festival

By LANCE ARMSTRONG
lance@valcomnews.com



Photos by Monica Stark

Sacramento Elks members Jim Von Bergen, right, and Conrad De Castro were among those who were working at the show.



Pocket resident Shirley Leonard, right, is accompanied at her booth by Jasmine Fortes. Leonard created terrariums that were offered at the show.



South Land Park resident Holly Lefebvre stands behind some of her handmade crafts. She makes various items, including artistic magnets for clothing, decorative bottles and wine glasses, and jewelry.

Shoppers seeking holiday gifts on Oct. 28 found plenty of items to choose from at the Treasures of Talent Arts & Crafts Festival at the Sacramento Elks Lodge No. 6 building on Riverside Boulevard.

The event featured vendors from a variety of places, but mostly from the Pocket, Land Park and other areas around the county.

Jim Von Bergen, a Sacramento Elks Club member who is one of the organizers of this crafts show, described the ongoing success of this event.

"We do this every year," he said. "My wife, Joyce, and I organize all of this, and she does all the paperwork and I do all of the logistics. This is our fifth year and we have sold out 30 days early almost every year."

Jim said that it is important to maintain the event as an authentic crafts show.

"The main thing is that we had people when we first started (the event) selling (mass-produced) Chinese things. We slowly weeded them out, because they set back somebody who is a true crafter. So, all these people here that you see are true crafters. They actually make the things that they sell here. That makes it more exciting, especially for the buyers."

One of the buyers who appreciates the works of these crafters is Mamie Jean Calvert, who said that she traveled from her home in Elk Grove to specifically shop at this festival.

"I think the (event) is wonderful," she said. "I know how hard people work to make crafts, so I love to come over here and try to support them and buy a few things that I can possibly use for Christmas presents."

Photographer Richard Turner, who grew up in Bakersfield and has lived in the Sacramento area since 1964, was among the many vendors offering their works at the event.

Turner, who uses his photographs on greeting cards, has traveled the world capturing images of wildlife, flowers and other scenes in nature.

A former attorney, Turner has experienced much success, as he has sold more than 54,000 greeting cards and has a self-published book of some of his best images.

Turner described why he enjoys selling his greeting cards.

"The reason why (he sells them) is that they're pretty and it makes people feel happy," he said. "So, when I produce a card, it makes the person that buys it happy and it makes the person that receives it happy and it makes me happy. When I was a lawyer, everybody was pissed off."

Pocket resident Teresa Peterson also had a selection of greeting cards, as well as gift tags and other paper crafts, at the event.

Peterson's gift cards are different than Turner's cards, as they do not include photographs and are multi-dimensional art pieces.

Peterson noted that most of her cards take one to two hours to create and can have four to five layers.

"It is very time consuming, but I love it," she said. "It took me about four years to really develop my craft, and I'm art and I love it."

Another vendor, Pocket resident Barbara Jacobsen, sat behind a table filled with teddy bears.

Jacobsen, who is an Elks member, said that she washes used teddy bears that she buys at a Goodwill Industries store, and then gives them new, crafty outfits that she personally designs and knits.

As for the teddy bears that she does not sell, Jacobsen, 84, makes sure that they still find new owners, she explained.

"The teddy bears that are sold go to individuals, and the teddy bears that are left all go to the children's hospital."

Sitting alongside Jacobsen at the event was another vendor, Pocket resident Shirley Leonard, who was selling terrariums that she created.

Leonard, who was accompanied at her booth by Jasmine Fortes, said that she makes terrariums that are works of art.

"I try to make them look artistic or tell a little story like a beach scene or sometimes a desert or sometimes just a forest or sometimes just the plants that I like," she said. "I spend a lot of time on it and it's the most expensive hobby I've ever had."

Sitting at another booth were business associates Maria Calvert and Lenor Gonzales, who make a variety of items, including miniature polymer clay snowmen and people faces.

Maria, who is not related to Mamie, described the satisfaction she finds in creating these items.

"Why we enjoy really doing this is it allows people to create memories and make special ornaments, and it's a forever keepsake," she said.

Calvert described the challenge of creating such small items as "trial and tribulation."

See Craft faire, page 15

DUST OFF YOUR HATS AND BOOTS

These Boots are Made for Country Dancin' at the Sacramento Elks Lodge

By BIA RIAZ
bia@valcomnews.com



If you missed a chance to dress up and celebrate any of the Halloween festivities around the city, you will have another chance right here, just steps from the Sacramento River, in the heart of Pocket. The Benevolent and Protective Order of Elks, Lodge #6 (Sac 6) is hosting a country western dance and all are invited. Grab your cowboy hats and boots and head to the Throw down at the Hoedown.

Dr. Kelly Byam, Doctor of Veterinary Medicine and owner of Abel Pet Clinic, and Chairman of the event reported, "This is a fundraiser to benefit the lodge itself, so we can worry less about the bills and more about providing funds and volunteers for our charitable activities, anti-drug campaigns, veterans services, and scholarships. It's our first. If it is successful, we will definitely do it again."

The idea was born as a "result of brainstorming new and innovative events for the lodge to attract a young and active crowd, and came out of our enjoyment of country music. We have lots of dance events at the lodge, but nothing for younger folks- until now. We hope lots of people will show up for the Hoedown!" said Byam. They are expecting around 300 people to join the festivities.

Attendees of the event are sure to enjoy the variety of food and drinks being presented to appease dancing appetites. "The food will be provided by members of the lodge cooking crew, and our pit master will be Gina D'Arcangelo, our resident barbecue superstar. She has won many statewide barbecue championships, including the coveted first place Best in Show prize at the California State Fair. We will have DJ Patrick Contreras, who normally plays for the two-stepping crowd at Stoney's Rockin Rodeo," said Byam.

If you are worried about your line-dancing skills, Sac 6 has made arrangements to ensure everyone has a good time. "Before DJ Patrick starts, we will have an hour of line dance lessons by dance instructor Gerri Shapiro, a Pocket resident who has been teaching Line Dancing in her native Hawaii for many years. She has recently moved to the Pocket and we are very excited to have her teaching dances at our event. We will also have prize drawings, and photo ops with our cutout Cowboy and Cowgirl to memorialize your evening. We've even invented our own drink specials; the "Cowboy" (our spin on a Lynchburg Lemonade), and the "Cowsmo" (our spin on the Cosmo). VIP tickets are for 35$ each, or a table of 10 for $300. VIPs will get early admission, a swag bag with awesome goodies, including a certificate for one of our free gourmet Sunday Breakfast, and a complimentary drink, as well as a free ticket to one of our drawings," added Byam.

General Admission tickets for $20 are available at the Lodge by calling 422-6666. Individual VIP tickets for $35 or reserved table of 10 tickets for $300 are available on on Eventbrite.(https://www.eventbrite.com/e/sac-six-hoedown-vip-admission-tickets-37568532492)

For more information about the event or Sac 6, please contact The Benevolent and Protective Order of the Elks by phone at 422-6666, by email at lodge@elks6.com or visit elks6.com. The Sacramento Elks Lodge #6, is located at 6446 Riverside Blvd.



Community Worship

Faith Presbyterian Church
625 Florin Road *(adjacent to Kennedy High in Greenhaven/Pocket)* **• 428-3439**
A community loving Christ, building disciples, serving all
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• Sunday School, Bible Study, Childcare • Youth Activities
• Family Programs • Adult Education

River's Edge Church
6449 Riverside Blvd. • 391-9845
Sunday Worship: 9:00am & 10:45am
www.recsac.org

Greenhaven Neighborhood Church
630 Ark Way • 422-8253
Sunday School Bible Study: 9:15am • Sunday Worship: 10:30am
Weekly Bible Studies - Jr/Sr High Events

St. Anthony Catholic Church
660 Florin Road • 428-5678
stanthony-sacramento.org
Sunday Masses: 8:00am, 9:30am & 11:15am (Saturday vigil, 5:00pm)
Daily Mass: 8:00am Monday-Saturday

FARM AND FLAVOR

Allostatic load vs. soup

By KERIN GOULD

I'm driving along on a smoky fall day, listening to the radio, and I hear Dr. Anthony Iton of the California Endowment, mention the term "allostatic load," meaning the wear and tear that chronic stress produces in our bodies, an extra toxifying, acidifying burden. Imagine the biochemistry of the folks facing all the emergencies around the world, earthquakes, floods, volcanoes, hurricanes, and fires? And those facing chronic illnesses such as diabetes or cancer who also feel that vulnerability and lack of agency. Even *watching* all the disasters going on in the world will produce stress, and sitting, eating comfort food, glued to the screen to tracking friends' status isn't healthy either. I'm not saying, "All stress matters." Just that all stress affects our bodies.

Our digestion is upset, our blood pressure, our hormones, cortisol and Ph balance are out of whack, and our inflamed joints cause pain, our breathing is less efficient, and …what a mess! And then we pass the stress on to our friends, family and even our pets.

"Allostasis" means adjusting to stress, rebalancing to stay well. How can we re-start breathing fully, unclenching muscles, stop grinding teeth, chewing nails, and feeling that acid gurgling up in our throats? I recommend DOING something about the things that are stressful. I once was discussing with two colleagues the challenges of resolving the South Sacramento food desert. We realized we'd surely be more depressed by the difficulties there, if we weren't busy trying to do something about it. Of course, our frustration was infinitely smaller than that of the families struggling to keep their kids healthy with no affordable produce vendors in walking distance. But consider that being sympathetic may be hard on your body if you *don't* act on it. Volunteer. Donate. Support or join an effective organization.

In my case, in pursuit of allostasis, I can dig in the dirt and connect with those microorganisms that make us feel good. Of course, the weeds aggravate me, but still… Planting anything at all is an act of optimism and care that takes our focus away from the daily disasters. I can take the dogs for a walk around the back field — as long as 11-pound Ginger doesn't take off chasing the jackrabbit three times her size; it's very relaxing. Pruning trees seasonally is a pace-changer, shaping a tree or bush to bring about balance and beauty. I wish I felt the same way about tidying up my closet. And cooking something special, simple and fresh that perfumes the house (if it doesn't burn and smoke) is a soothing and rewarding process. There is a lot of allostasis on the farm and in the garden.

It's not that on Grandma's farm there was never stress. But on the farm, they had built-in allostasis-izers. Quality time with the sun and wind, the rhythm of the seasons, tasks to keep everyone busy and useful, social safety nets of the New Deal era, quiet without the constant barrage of worrisome news… And comforting food made by hand from real stuff.

And speaking of comfort food… creamy soups just soothe the soul! Try this warming Pumpkin soup and this summer-into-fall slightly sweet corn chowder. Turn off the noise and the news and all the stressors and let them warm you from the inside. Take THAT allostatic load!

Creamy Curried Pumpkin Soup

Why this is healthy: Pumpkins are loaded with carotene
Why this tastes great: Warm spices and creamy coconut milk
Why this is easy: Sauté, simmer, blend, serve

Ingredients
2 tablespoons butter or substitute or oil
1 cup shallots and/or onion, chopped
one apple, chopped
1 tablespoon curry powder
½ teaspoon salt
½ teaspoon pepper
3 cups veggie broth or 3 cups water and a veggie bullion cube
1 roasted pumpkin
1 can light coconut milk

Directions
Melt "butter" and saute shallots.
Stir in the curry, salt, and pepper and cook for one minute.
Add the pumpkin and stir to flavor, then broth and bring to a simmer, and cook uncovered for 20 minutes.
Remove from the heat and use a stick blender to mix in coconut milk.
Serve with a cilantro garnish (optional)



Poblano Pepper and Corn Chowder

Why this is healthy: Peppers have a load of vitamin A, and the bit of capsaicin is great for circulation.
Why this tastes great :
Comfort food without the heavy cream, and the sweetness of corn balanced with the zing of the pepper.
Why this is easy: Sauté veggies, add liquids, simmer. Boom.

Ingredients
1 medium yellow onion chopped
1 extra-large Pobano pepper, chopped
2 medium red potatoes, diced (cut into cubes approximately dice size)
2 cups fresh or frozen corn (cut off the cob)
Salt and pepper
2 cups Veggie broth
1 c thick cashew milk (unsweetened)
½ c parmesan cheese (vegan – I recommend Go Veggie)

Directions
Sauté onion, pepper and potatoes until glassy. Salt and pepper to taste.
Cover with broth and bring to a boil, then reduce heat and simmer for 10 minutes.
Mix in corn.
After 5 minutes, remove from heat and let cool for a few minutes.
Add cashew milk and "cheese".
Check salt and pepper for flavor and add if needed.
If you like you can top with a sprinkle fakin'-bacon or add a drop or two of liquid smoke.



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Homelessness discussion invited civil discourse between residents and panel

By MONICA STARK
editor@valcomnews.com



Photo by Art Taylor

The Sierra Curtis Neighborhood Association and the Land Park Community Association held a meeting on Monday night, addressing many topics surrounding homelessness.

Over the course of 90 minutes, Land Park and Curtis Park residents heard from a number of city, county, and resource agencies regarding a variety of topics related to homelessness in our city and particularly in our neighborhoods.

To "have a civil discourse between residents and the panelists" — that be the goal of the discussion, which was held on Monday, Oct. 23 at Sierra 2, event organizer Stephanie Duncan from the Land Park Community Association, said in a brief introduction.

Duncan said if possible the neighborhood groups will have more of these types of meetings in the forthcoming months.

Panelists included the following individuals: Eduardo Ameneyro, division manager of the Sacramento County Department of Human Assistance; Sacramento Police Department Officers of the IMPACT Team, Justin Boyd and Andrew Kahler; Cynthia Cavanaugh, director of Homelessness Initiatives for the County of Sacramento; Emily Halcon, Homeless Services Coordinator for the City of Sacramento; Noel Kammermann, Loaves and Fishes general manager; Ryan Loofbourrow, chief executive officer for Sacramento Steps Forward; Tracy Pullar, homeless program manager for VA Northern California Health Care System; Melinda Ruger, executive director of Harm Reduction Services; Amani Sawries-Rapaski, chief operating officer for Volunteers of America; Jay Schenirer, District 5 City Council Member; Steve Watters, executive director for First Steps Communities and Winter Sanctuary; and Kelli Weaver, homeless program coordinator for Sacramento County Department of Health and Human Services.

Related to demographics, the first question posed from the audience to the panel was the following: What percentage of homelessness is due to the following: rent issues, mental health issues, addiction, unemployment, or from people coming from other cities or states?

Loofbourrow stated typically it's people from your community experiencing homelessness, adding it's a matter of economics. "Issues of addiction and mental health are endemic of all society and all people," he said. "But it is those individuals who are barely making it or living with others and as rent increases, then they can no longer pay that rent. They become homeless and they were struggling to start with. So, on the street, you see the human condition play out and it's inflamed more when they are exposed to the elements."

Once homeless, an individual's life is reduced by about a third, Loofbourrow said, adding that in Sacramento, we have 75 to 80 individuals who have been identified as being passed away during their time of being homeless.

Asked about homeless individuals who reject services, Boyd said that out of the 1,350 who are approached by IMPACT team members, 1,044 dismiss their help whether it's for medical or housing. "There are

See Forum, page 9

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Forum:

Continued from page 8

people who refuse. It is not illegal to be homeless...Every person's situation is different and you have to be patient. It takes awhile to build a rapport with them. They're not very trusting of us. So, we'll document when they refuse services and then we'll try again tomorrow. Usually, we'll be able to make a rapport with them at some point and then start them on that path on getting housed."

Halcon, adding to Boyd's answer, said that while it is the job of officers to offer what they have, she feels it's her job to "change what we offer."

"For years and years and years, we've been offering people the same thing that has either failed them or they have failed for whatever reason. And, to be offered the same thing over and over again, you might say, 'no.' It doesn't mean that you don't want to be homeless, it means you want something different. It means you want to be met where you're at. It means you want to be given options and choices, just like all of us do. So, our job is to change the system to offer things that are different."

Ruger, a former homeless woman herself, explained that her nonprofit makes an effort to offer at least four options. "If a person is in crisis, it might be respite; it might be the ER. It might be X, Y, and Z, whatever that might be." She said "almost 99 percent of the time," someone will pick one of the four. Investing in outreach services and robust outreach teams – that's part of the solution, she said. Calling for a raise of hands, she asked how many in the audience think experiencing homelessness is traumatic. "It's a frightening experience on a day-to-day basis and depending on who you are it may be frightening in different ways. Shelter is not for everyone," she said.

"If you have post traumatic stress disorder. If you got raped last week. If you have a variety of different issues going on, the concept, the idea of going into a shelter can be extremely terrifying. I think there's a stigma in the idea of service refusal."

The Board of Supervisors recently adopted four major homeless initiatives allocating more than $6 million to improve the county's crisis response and create more pathways to permanent homes. Cavanaugh, who began in July 2016 as the first director of Homeless Initiatives in Sacramento County, said she thinks the best way through the front door for services is by dialing 211. "I think we're moving toward a system that's more like a bed reservation. We're working that first with the family system," she said.

For some individuals getting into a shelter can be problematic, as Loofbourow points out that "pets, partners and possessions will be precluded. And, as with all of us who are housed, we hold our personal space, the people we love and the things we have precious. And, so if those are threatened there is the likelihood that the person would not be allowed to enter or choose not to."

Watters, whose nonprofit works with the city and county to offer shelter, meals and services including the winter sanctuary program, said last winter they turned a very small amount of people away. The few times they did, he said, it was because "their presence was perhaps endangering the safety of the other hundred people that were there."

But, they didn't just turn them out to the street, he says. "We made every effort to find somewhere else for them to go to get the appropriate services. I think we have to look at what is being done and how inclusive the system is really becoming."

Because last year's winter was so cold and the rivers were so high, the movement of homeless into the neighborhoods has been clearly evident.

Schenirer mentioned a grant the city received from the federal government for $64 million, which will provide intensive case management for homeless individuals. "So when you talk about why are they resisting services, that's something we can go over and over again. My belief is that when you hit the right tone, people will come in for the most part."

Responding to the last question of the night, "What can I as an individual do to address systematic homelessness?" Ruger said, "This is kind of my thing. We are waiting for miracles, right? I think us, as service providers, we start feeling like that too. In the hearts of each and everyone of you — you are here because you care. You care about your kids. You care about your community. Clearly, you care about the people you see that are suffering. So, on this micro level, what can you do? You can recognize there are systematic barriers that people are encountering. On a macro level, we can start working on that."

On a micro level, recognizing the humanity of those on the streets is something that each of us can do. Ruger said when she was homeless, she wanted to walk down the street with her head down, never wanting to look at anyone. "One of the reasons was because no one would look at me. Like no one would look at me. And, this is not a magic solution. This is not going to end homelessness, but you know what, it will create a level of humanity, which we are moving closer and closer in that direction."

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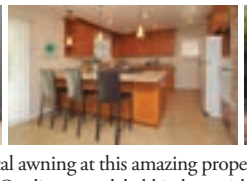
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Faces and Places:

Fashion show at Casa Garden

Photos by STEPHEN CROWLEY
stephen@valcomnews.com

Mothers, grandmothers, and others looking for quality special event and evening wear, a selection of beautiful fashions were modeled by Los Ninos Service League member volunteers at the Casa Garden restaurant on Sutterville Road on Sept. 25.

Patrons enjoyed a complimentary glass of wine or champagne on the terrace during the ceremony, which was followed by a lunch inside the beautiful garden room. Menu choices included rosemary crusted turkey breast or salmon Caesar salad, followed by a decadent slice of wedding cake. For more information, visit www.casagarden.org or call 452-2809.

Do you have a story? Tell it to us.
Call Monica Stark at 916-429-9901

Thousands of children in California's Foster Care System require temporary out-of-home care

By JAN DALSKE

There are estimated to be over 65,000 children in our state, and over 3,000 in the Sacramento area, who require temporary out-of-home care due to parental neglect, abuse, or exploitation. The largest percentages are African American and Latino children. Some may stay in foster care for just weeks, but, many of them will remain there for years. The children are of all ages and have a variety of needs, most importantly they need a stable home. They can no longer remain with their birth parents.

Foster parents provide a supportive and stable family for children who cannot live with their birth parents until family problems are resolved. In most cases, foster parents work with social services staff to reunite the child with birth parents. Foster parents often provide care to many different children. You must be certified to become a foster parent. Adults from the age of 18 to retirement age are welcome, as long as their health, energy, and desire are appropriate.

A license is required to operate a foster home. The process requires a licensing worker to visit your home and meet with you and other family members. Minimum personal, safety and space requirements are required by law. Foster parents work with social services staff to determine the type of child best suited for their home. There may be health issues. Some families may have preference for a boy, and some prefer girls. Foster parents receive a monthly payment to feed, clothe, and meet the material needs of the children placed in their care. Medical and dental coverage is provided through the Medi-Cal program. Foster parents who work outside the home must make appropriate child care arrangements.

The preferred placement of children who require out-of-home care is with relatives. If securing a home with relatives is not a possibility, foster parents and other caretakers can provide a supportive and stable environment for children who cannot live with their birth parents until family problems are resolved. In most cases, the foster parents and care providers work with social services staff to reunite the child with birth parents. Foster parents often provide care to many different children.

Children who require out-of-home care generally come under the jurisdiction of the juvenile court. The juvenile dependency process involves a series of hearings and case reviews which may result in foster care placement, including placement with relatives. County placing agencies have indicated a particular need for foster homes that will provide homes for adolescents, for homes that have enough room to permit siblings to stay together, and for homes that may be used on an emergency shelter basis.

In some cases, children may require more intensive structured care. These children may be placed in licensed community care facilities that may have from six beds to more, or, in a much larger institution. These group homes offer individualized treatment. To become a group home provider, contact your local county welfare office.

In addition to children placed in foster family homes and group homes, foster family agencies provide another placement resource. Agencies are licensed to provide certified family homes for children who require more services than are provided in foster family homes, yet these homes are less structured than group homes.

Paradise Oaks Youth Services (POYS), a local Foster Family agency has been providing foster care services since 1993. They continue to certify foster families who are committed to providing safe and caring homes for foster children. All prospective foster parents interested in becoming certified with POYS must go through a screening and certification process. They will receive training, and be supported and monitored to ensure compliance with accreditation and Community Care Licensing standards.

If you are interested in learning more about their program, they can be reached at 916-550-2841.

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Photo by Mark Hanzlik

Staff at John F. Kennedy High School posed for a quick photograph before tending to their classes. What's your favorite costume?







Photos by Troy Young

The Pocket community came together for fun, free food and candy at River's Edge Church on Halloween night. REC is located at 6449 Riverside Blvd.



Faces and Places:

Halloween week celebrated in the Pocket

From large festive front yard displays to events at River's Edge Church, Lake Crest Village and local schools like John F. Kennedy High School, the neighborhood sure knows how to have fun during this spooky time of year.

See more photos, page 16



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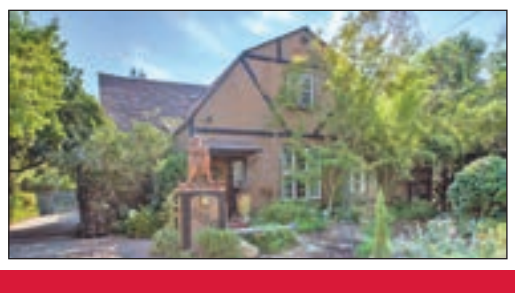
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Kids club:

Continued from page 4

meetings," Gisele says about her friends. "They'll sit on the couch and chairs and I'll just be right in front of the fireplace." And if they can't make the meeting but want to do the project, they can make it ahead of time, she says.

"Gisele emails everybody and tries to coordinate it all to one day, and we all come and do great things for others," explained Nicole Staggs, a student at Sutter Middle School who knew Gisele from elementary school at Didion.

Nicole explained her introduction to the club, as follows: "Gisele came up to me and asked if I wanted to help change the world little by little, and I thought that was really cool...We were best friends and went to the same preschool. My favorite project we did was the Valentine's Day cards for the senior center. I thought that was really nice and Gisele went to the senior center and gave (the cards) to them. They were all smiling and very happy we helped them."

Twins Kendall and Steven Holman also enjoy the club's mission. As Kendall said, "I definitely like helping others, but if it means helping the world, then sure why not." And as her brother, Steven explained he got involved because of his sister, and said he was "cool with it. I enjoy helping the community and the entire world.'

Nicole says she also really enjoyed giving treats and supplies to staff at the SPCA. "I thought that was really nice, and we got to visit the dogs and the cats and all the animals that they have there and it's really nice we can change the world a little. I enjoy it because I like to see people smile. That makes me really happy. That I am doing something really good with my life and helping others that may need help a little bit more. I think it's really special that I get to do this with Gisele."

Regarding the club name – Kids Can Change the World – Gisele said she came up with it while discussing ideas with her family. Thereafter, she posed the name to the club and the majority of the club voted for it.

Voting is a key element to how decisions are made. Gisele explains: "We ask the kids a bunch of suggestions on what they want to do and then we'll vote on it."

Since February, the kids have completed the following community service projects:

Senior Citizens: Handmade Valentine's cards for more than 135 senior citizens living in nearby nursing homes and hand delivered each card.

Helping the Homeless: Collected donations of food items, water bottles, utensils, napkins, and lunch bags and prepared 145 bag lunches for the homeless, which were distributed to people in the downtown area. Each bag was beautifully hand decorated with colorful flowers and messages of hope, love and strength. They also collected more than $400 in monetary donations and additional supplies sufficient to distribute another approximately 400 lunches in the coming weeks.

Promoting Kindness/Rejecting Bullying: Club members all wore their "KIND IS COOL" shirts for an entire day in April and practiced random acts of kindness throughout the day. They complimented their teachers, principal, parents, and siblings.

They invited new kids to play with them at school, complimented their friends on their skills, clothes, hair, abilities, sense of humor, etc. Some brought flowers to their favorite teacher. They helped their parents and neighbors with chores. They talked to students at school about promoting kindness and rejecting bullying.

Helping Abandoned Animals/Helping the Poor: Raised funds to sponsor (pay for) the adoption fees of all senior dogs, cats, and rabbits (ages 5 and up) at the Sacramento SPCA at the time, a total of 49 animals, by having a giant garage sale, hosting a lemonade stand, having a bake sale, and a handcrafted jewelry sale. They raised $1200 and 48 of the 49 animals have since been adopted (for free) by loving families. All leftover donated items from the garage sale were donated to a local charity that helps the poor. The kids also collected donations of dog and cat food, climbing posts, newspaper, brushes, collars, toys, and many other items for the SPCA.

Promoting Kindness/Rejecting Bullying: Club members have approached the principal of a nearby K-8 school about adding a "Friendship Bench" to the playground area. The idea is that a kid who needs a friend, or someone to play ball with, could sit at the bench and then other students seeing a child in need would come over and see if they can help. In this way, they are actively trying to change the way kids interact with one another on campus. The principal has agreed and even offered to propose it as a 7th grade project, rather than having the club raise the funds as was initially planned. This is their current project.

The kids wear their KIND IS COOL t-shirts to most meetings and events, and just around town. People love them and even adults comment on the positive message.

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Pocket artists participate in 20th anniversary of the Sacramento Arts Festival

The 20th Annual Sacramento Arts Festival—the best ever in quality and variety—returns to the Sacramento Convention Center November 3 – 5. This festival has become not only the premier art and craft show in the Central Valley, but is also one of the top art festivals in the country. In addition to one-of-a-kind art, the festival has economically contributed over $2,000,000 to the city of Sacramento in hall rent & services, advertising, service contractors (all local) and hired personnel throughout its 20-year venture.

Strolling through the festival, attendees can shop from a vast selection of extraordinary art and contemporary craft. Visitors can choose from ceramics, clothing, decorative fiberworks, furniture, glass, gourd art, jewelry, leather, metalworks, paper, stone, woodworks, drawings, oil and acrylic paintings, watercolors, sculpture, photography and two and three dimensional mixed media. Festival attendees can shop for themselves, their homes and for one-of-a-kind Christmas gifts. There is something for everyone including:

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Festival Details:

WHEN: Friday – Sunday, November 3 – 5
Fri. 10am – 6pm, Sat 10am – 6pm, Sun. 10am -5pm
WHERE: Sacramento Convention Center, 1400 J St. (Entrance at 14th and J Streets), Sacramento, CA 95814
TICKETS: Admission: $8 Adults, $7 Seniors, Children under 12 FREE. For more information, tickets and $1 off coupon please visit www.sacartsfest.com

Richard Turner (Richard Turner Fine Art Photography) - Former lawyer turned photographer, Richard Turner served as Ronald Reagan's personal lawyer. He's a Lake Greenhaven resident who went on a month long journey where he realized his love of photography and nature. Since he has been focused on sharing the beauty of nature through his photography. His art has even inspired him to write a book, I Can't Always See My Path…But I Keep On Walking. www.rturnerphotography.com.

(John Juan Art) - The duo, **Juan Ramon** and **John Hancock**, create one of a kind sculptures from their home in Pocket under the name John Juan Art. Using paper pulp and paper clay with acrylics combines with metal rods, wire mesh and cable wire. Unlike the traditional method of paper strips dipped in starch, Juan Ramos uses a paper pulp mixed with an adhesive base which results in a stronger and longer lasting medium. Each piece is handmade and can take several months to complete. For more information, visit www.johnjuanart.com

Craft faire:

Continued from page 5

"They were really challenging in the beginning – a lot of smoke coming out of the oven sometimes," she said. "You have to be precise with the time in the oven. But we each have our specialties. (Gonzales) does part of it and I do the other part. Like these, I started creating superheroes like Batman, the Incredible Hulk and Wonder Woman."

Gonzales mentioned that it was her idea to begin making miniature items.

"I like to do arts and crafts and I had seen something similar, but not exactly, and I thought if I enjoy (these items), some other people might enjoy having these keepsakes, too."

Another vendor, 90-year-old Al Machado, who formerly worked for Sears, Roebuck & Co. (now Sears Holdings Corp.), spends his retirement years making such artistic crafts as religious crosses, decorative wood and acrylic pens and key chains, letter openers and candlestick holders.



Photo by Monica Stark

Pocket resident Barbara Jacobsen stands behind a selection of teddy bears at the event.

Machado, who lives in Elk Grove, mentioned that he does not make much money selling his items, but he continues to create his artworks as a hobby that brings joy to others.

Also vending her crafts was South Land Park resident Holly Lefebvre, who makes various items, including artistic magnets for clothing, decorative bottles and wine glasses, and jewelry.

"I make it all," Holly said with a smile on her face.

Another popular part of the event was the offerings of food vendors, who sold handmade sweets.

One of those vendors, Elk Grove resident Janet Carver, offered about 15 different types of candy, including chocolates.

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"Monsters Just Wanna Have Fun"

Lake Crest Village event brought out local ghosts and goblins











Photos courtesy

Local families came out to Lake Crest Village, dressed in their best Halloween costumes for this year's Monsters Just Wanna Have Fun Event on Saturday, Oct. 28. The event included trick-or-treating, strolling entertainment, a DJ and so much more. Lake Crest Village is located at the corner of Florin Road and Greenhaven Drive.

Link Crew brings students back together at JFK

By SAERI PLAGMANN



Photo courtesy

Link Leaders (Seniors Dayana Franco and Mariela Medrano) explain to a freshman Brianna Bahena when, where, and what time the tailgate party takes place.

(Editor's Note: The author is a journalism student at Kennedy High School and wrote this piece originally for the student newspaper, The Clarion.)

During her freshman year, Sariyah Williams, current senior at John F. Kennedy High School, experienced what people call the "Freshmen Blues." "I had no idea what I was doing. And I felt really weird and uncomfortable cause I had no one to talk to."

Now, as a Link Crew leader, she's become the person she wishes she had as a ninth grader: someone to talk to, get advice from, and receive constant support-- a mentor.

More than 10 years have passed since the last Link Crew program at Kennedy. The purpose still remains the same since its last implementation: to help freshmen make a comfortable transition from middle school to high school. Kennedy is currently the only school in the Sacramento City Unified School District to have a Link Crew program, and students, parents, and faculty believe it to be changing the culture of the campus for the better.

But why have it now?

Carla DiBasilio, a freshman counselor and Link Crew advisor at Kennedy, says, "This is a program that I wanted to do for a long time, it just was waiting for funding and other like-minded people to come along." She states the best way for a student to get the support they need is by having "students support students."

> "This is a program that I wanted to do for a long time, it just was waiting for funding and other like-minded people to come along."
>
> **– Carla DiBasilio, a freshman counselor and Link Crew advisor**

Out of 200 junior and senior applicants, 80 were selected to be Link Crew leaders for the 2017-2018 school year.

Selected leaders underwent several hours of training over the summer to practice leadership and communication skills. It prepared them for the Link Crew Orientation that 500 freshmen were scheduled to attend. One of the many purposes of the orientation was to get the freshmen to be less intimidated on their first day of high school. By having them partake in team building activities and going on a campus tour, the leaders achieved exactly that.

Since the first day of school, the success of the program has been apparent throughout the campus. Freshmen were seen to make their way around the school with ease, and some were even eating lunch with their Link leaders.

Link advisors say several leaders were late to class because they were walking and helping students get to where they needed to be on time. Madison Brodeur, a freshman at Kennedy, says, "I asked my leader a lot of questions on the first day and I would've been lost."

A significant leader and freshman interaction had taken place on orientation day. This leader was able to connect with a ninth grader after they both discussed their mutual interest in singing. The freshman, who was concerned with her electives because she had chosen them out of haste, was introduced to concert choir by her leader. Rather than having to sit through an uninterested elective for an entire school year, the freshman signed up for the class and eliminated her worries.

In most instances, students are unaware that school counselors are an option when facing challenges. The program has helped this option to be widely recognized.

According to DiBasilio, it took longer for freshmen to come in to talk to their counselors in previous years, but more are coming in sooner. The program has helped students get to know who their counselors are, as well as build a form of trust.

Elyna Cespedes, a junior and senior counselor and Link Crew advisor at Kennedy, says it is important for freshmen to feel comfortable around their counselors so that they know who to go to when it comes to academic or social concerns. Many students will go an entire year with unresolved problems, which can affect their grades and social relationships.

When considering the effect Link Crew will have on the future of the school, students and teachers can only see improvements. The Link Crew "used to be helpful before," says government and economics teacher Richard Pauly, who noted "in ninth grade you lose a lot of kids because it's a big change to come into high school. This gives them somebody they know that they can talk to," to get advice and suggestions to stay on track.

The program offers benefits to everyone involved. Leaders themselves are at an advantage because the skills they gained from training allows them to be "leaders within their classrooms," as Greg Palmer, freshmen counselor and Link Crew advisor, states. The training familiarizes them with how to talk to each other, as well as giving them the confidence to ask questions. These skills can be carried into college and into future careers.

Link advisors have also found that by leaders setting a good example to their freshmen, a domino effect will take place. "You have the seniors and the juniors that are getting to know each other, getting to be those leaders and showing examples of how juniors and seniors can look. And the freshmen that are watching that and saying, 'OK, that's how we're supposed to be here at Kennedy, this is just what we do.' So that just starts to change the culture," says Palmer.

The Link Crew program has been a huge success so far. Link advisors are determined to continue it for next year, with more teachers aware and involved in the program. Williams, who took advantage of her leadership role and resolved several concerns from her freshmen in the first few weeks, says she believes Link Crew to be "beneficial because it helps out freshmen and it kind of gives them some sort of linkage," as well as giving them a sense of hope and a reason to be at school.

The program is making small changes to the school every day. These improvements will eventually grow to have a major impact on the community. For events and future Link leader training, financial limitations continue to be a concern. The program will accept any donations to help support what many consider to be the revival of the crown jewel of the school.

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What's happening Pocket/Greenhaven?

SATURDAY, NOV. 4

MY SISTER'S HOUSE FUN RUN: The Asian Pacific State Employees Association (APSEA): My Sister's House Run/Walk for a Safe Haven fundraiser is going to be held on Saturday, Nov. 4 from 8 a.m. to noon in William Land Park, 3800 West Land Park Drive. This is a good opportunity to support an organization working toward ending domestic violence in our community. This is also a great opportunity to network with APSEA members and others in our community. APSEA has set up a team to support this great organization. Our team name is APSEA Team. The team cost is $32 for each adult member (includes a t-shirt). Hope you will consider supporting this event. To register for this event, click on link below to take you to APSEA registration page. On the right section APSEA Team, select Join Team. Then it will take you directly to the registration page. In entering your registration information, you will be asked for a team password. The team password is APSEA2017. https://raceroster.com/events/2017/13911/run-for-a-safe-have n-5k-run-walk-kids-half-mile-2017/pledge/team?id=11

CAMELLIA WALDORF PRESCHOOL & KINDERGARTEN MORNING AND FIRST GRADE OPEN HOUSE: From 9 to 10 a.m., parents and grandparents, bring your children at 9:00 a.m. to experience the magic of the play-based preschool (for ages 2.9 to 4) or kindergarten (for ages 4 to 6). Families with 1st grade age children for the school year of 2018-19, come visit our First Grade classroom.
- Come learn about Camellia's play-based programs for young children.
- Come learn about our First Grade class.
- Meet early childhood teachers and/or our First Grade teacher.
- Visit the campus.

Registration Required: Due to space limitation in the classrooms, RSVP at admissions@camelliawaldorf.org or 916-427-5022. Include your name, your contact information, your child's full name and birthdate in the RSVP. Camellia Waldorf is located at 7450 Pocket Road.

CHARLES PHOENIX TO PRESENT AMERICANA SHOW AT THE CALIFORNIA AUTO MUSEUM: In partnership with SacMod, Charles Phoenix will return to the California Auto Museum for a great retro show this November! Cost is $29 per person and starts at 6:30 p.m. Charle Phoenix, the "Ambassador of Americana" unleashes his stories and glories of spectacular space-age style, amazing attractions, local landmarks, roadside wonders, fun foods, festive fashions, crazy car culture, futuristic transportation and more galore. Your imagination will be inspired and your American spirit will soar! Come for the show…stay for the Addicted to Americana book signing, classic cars and ice cream social!
SacMod and California Automobile Museum Members get one free drink coupon at check-in. The mailing address is:
2200 Front Street, Sacramento, CA 95818. For more information, call 442-6802 or fax 442-2646. Tickets can be purchased at https://www.calautomuseum.org/addictedtoamericana?mc_cid=542863b657#038;mc_eid=91045e66c5

TUESDAY, NOV. 7

POP UP BOOK SALE: The Friends of Belle Cooledge Library cordially invites you to attend the greatest book sale of the year. Help us beat our record of $400 raised in one day. You hostess is Pam and she is feeling very generous and anxious to send hundreds of gently used books to new homes. She has them all: best sellers, nonfiction, and children's books. All funds raised support our neighborhood's best asset - the library. 11:30 a.m. to 4:30 p.m. Belle Cooledge Library is located at 5600 South Land Park Drive.

DEMENTIA CONVERSATIONS: When someone is showing signs of dementia, it is time to talk. Often, conversations with family about dementia and their changing behaviors can be challenging and uncomfortable. This workshop will offer tips on how to have honest and caring conversations with family members about 1. Going to the doctor; 2. Deciding when to stop driving; 3. Making legal and financial plans. Registration is requested. Call the Alzheimer's Association at 800.272.3900. ACC will offer this conversation from 2 to 3:30 p.m., 7334 Park City Drive.

SATURDAY, NOV. 11

SPHSS CRAB AND SHRIMP DINNER: The Sacramento Portuguese Holy Spirit Society will hold a dinner and dance at 6676 Pocket Road. Social hour starts at 6:30 p.m., followed by dinner at 7:30 and dancing from 9 to midnight. Tickets are $45 per person. For information, call 539-8101 or Manuel Azevedo at 410-2826.

SATURDAY, NOV. 18

CHARITY SHRED EVENT: Cook Realty is here to help you clean house. From 10 a.m. to 2 p.m., protect yourself from identity theft by bringing out all your unneeded confidential paper to be shredded by RID – Rapid Information Destruction. You can see the documents shredding in front of you; there will be a camera on site at Cook Realty, 4305 Freeport Blvd. $5 per box; $3 per grocery bag. Checks can be made to Cook Realty Charitable Foundation, Inc., Tax ID #26-1074718. Call ahead to let them know you are coming. Once the truck is full, it's gone. For more information, call Meena Chan Lee (dre #01082594) at 837-9104 or email meenachanlee@gmail.com.

SAC SIX HOEDOWN: Come kick your heels up at our first annual Hoedown. We will be serving a full meal of Tri-tip, beans, salad, and cornbread. After that, enjoy line dancing lessons, followed by the djing skills of Patrick Contreras, who will be playing a selection of Country music. Our ballroom has a beautiful wooden dance floor.to allow you to two-step the night away. VIP experience begins with early admission at 5 pm. You will also receive reserved preferential seating and priority dining, as well as a swag bag. Among the many goodies in your bag are one free raffle ticket and one free drink ticket. We will have many raffle prizes available, as well as a 50/50 drawing. VIP tickets are $35 each, or tables of 10 for $300. Find more information at http://elks6.com

SATURDAY, DEC. 2

FIFTH ANNUAL DANDELION ARTS & CRAFTS SHOW: The Sacramento Senator Lions Club presents this free admission and free parking event at the Sacramento Buddhist Church, 2401 Riverside Blvd. from 9 a.m. to 3 p.m. All sales profits go to support various community projects. Visit sacramentosenatorlions.org to see how the Sacramento Senator Lions Club serves the community. For event information, email senatorlionsevents@gmail.com

FAITH PRESBYTERIAN CHURCH CHRISTMAS BOUTIQUE: This is an "all hand-made" craft event from 10 a.m. to 3 p.m.. All vendor fees are donated to the non-profit organization, "One Child, One Hen" which provides chickens and an egg laying business source of food and income for families in Kenya.

ONGOING

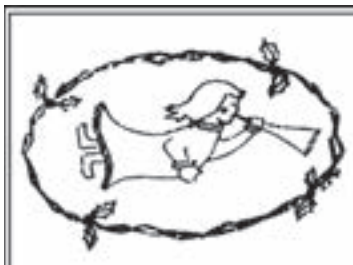
THE CLARKSBURG COMMUNITY BAND INVITES YOU TO JOIN: How about dusting off that horn and getting involved! The band is a group of musicians that enjoys sharing a love of music with each other and our communities. The band is looking to expand the ensemble and wants to welcome those who are interested and who play a standard concert band instrument. The band meets Tuesday evenings from 7:30 to 9 p.m. at Delta High School, 52810 Netherlands Ave., Clarksburg. For more information contact Randall Veirs, Delta High School Band Director at rveirs@rdusd.org

FREE LINE DANCE CLASS: Every Thursday from 1:00 p.m. - 2:00 p.m. "Two Left Feet" dance class for beginners. If you think you have "two left feet" this class is for you. Anyone can participate in this fun activity. Friendly group of people. Drop-ins welcome. Sponsored by ACC Senior Services. Class held every Thursday at ACC Greenhaven Terrace, 1180 Corporate Way. First class is always free. For more information call (916) 393-9026 ext 330. www.accsv.org

BELLE COOLEDGE LIBRARY VIDEO GAMES AND VIDEO GAME SYSTEMS DRIVE: The Belle Cooledge Library is looking for video games and working game systems for our afterschool teen space program for next year. If you have any video games or working game systems that you would like to donate please bring them to the Belle Cooledge Library and we will provide a tax receipt. What is Teen Space? Join other area teens in our community room for our afterschool Teen Space! Hang out, geek out and mess around with friends and snacks! Seriously, what could be better? Teen Space occurs weekdays from 3 - 5 PM (except Thursdays 1:30 - 5 p.m.), is free, and open to teens between the ages of 12 - 18. (During the school year) All Library programs are free and open to the public a library card is not required! Belle Cooledge Library is located at 5600 South Land Park Dive. Library hours are Tuesdays noon to 8 p.m.; Wednesdays and Thursdays 10 a.m. to 6 p.m.; Fridays 1 to 6 p.m. and Saturdays 10 a.m. to 5 p.m.

See Events, page 21

– EVENT CALENDAR –



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Saturday, Dec 16, 2 pm
Sunday, Dec 17, 2 pm 2017
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Got News?
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Events:

Continued from page 20

VOLUNTEERS NEEDED FOR "SUNDAY JAZZ": Come and join our Sunday Jazz event committee for events held the Second Sunday of every month at the Elks Lodge. If any of you would like to volunteer and enjoy listening to good music at the same time, please let organizers know. Hours to volunteer would be 11:30 a.m. to approximately 4:30 p.m. Please contact Clayton Hablitz at: Clayton39.ch@gmail.com Cell number 916 706-9837 or email Lori548@yahoo.com. Cell number 650-200-8570. Come on down & enjoy the fun!

WEDNESDAY COFFEE AND CONVERSATION GATHERING: Every Wednesday morning from 7 to 10 am., join neighbors at Cafe Latte, 7600 Greenhaven Drive, for conversation and fun. Find the group back near the piano.

IN CREATIVE COMPANY MEET UP AT ROBBIE WATERS POCKET-GREENHAVEN LIBRARY: Held on the 2nd and 4th Tuesdays of each month from 1 to 3 p.m, this meetup was started to allow participants from past and current "In Creative Company" classes to continue meeting. Any artists or crafters who are interested in this social group are welcome to join--just bring whatever you're working on and come on in! 7335 Gloria Drive.

"ALL IN" SENIOR SOCIAL HOUR – The Pocket Library will provide games, refreshments, conversation, and fun on the last Wednesday of each month from 1 to 3 p.m.! Games available to play include poker, chess, Scrabble, checkers, Dominos, Mahjong, cribbage, and more! Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

ROTARY CLUB OF SOUTH SACRAMENTO: The friendliest club in Sacramento, the Rotary Club of South Sacramento meets every Thursday from 11:30 a.m. to 12:45 p.m. at the Casa Garden, 2760 Sutterville Road.

SUNDAY BREAKFAST BUFFET AT THE ELKS LODGE, NO. 6: From 8:30 to 11 a.m., enjoy eggs, omelets, corn beef hash, bacon or sausage. 6446 Riverside Blvd.

SOROPTIMIST INTERNATIONAL OF SACRAMENTO SOUTH: Meetings on the second and fourth Tuesday of the month at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. For more information, call Dee at 341-7852.

JOB COACH APPOINTMENTS AVAILABLE AT POCKET LIBRARY – Make an appointment to meet one-on-one with a volunteer job coach and get help with online job searching, using library databases, interviewing tips, resume writing, and more. For questions or to schedule an appointment, please ask at the library service desk or call 916-264-2920 during open hours. Appointment times are available for most Wednesdays between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

TECH HELP APPOINTMENTS AVAILABLE AT POCKET LIBRARY – Have a technology question or problem? Sign up for a one-on-one technology help session with our staff. We can help with basic computer, Internet or e-mail questions, and/or get you started with library services like e-books or e-magazines! Stop by the service desk or call 916-264-2920 during open hours to make an appointment. Appointment times are available for most Wednesdays between 4 p.m. and 7 p.m., Thursdays between 1 p.m. and 3 p.m., and Saturdays between 10 a.m. and noon, at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BABY/TODDLER STORYTIME AT POCKET LIBRARY – Babies and toddlers (ages 0 to 3 years) and their caretakers are invited to join us for songs and rhymes. Arrive extra early or stay later for extra social time with other children and parents. Tuesdays and Thursdays, from 11 a.m. to 11:20 a.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

KNIT TOGETHER AT POCKET LIBRARY – Love to knit? Want to learn? Join us for expert advice, great conversation and more. All crafters are welcome, not just knitters! Every Friday from 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BABY STORYTIME AT BELLE COOLEDGE LIBRARY –Nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. For children up to about 18 months old. Each child must be accompanied by a participating adult. Tuesdays at 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

TODDLER STORYTIME BELLE COOLEDGE LIBRARY – Toddlers ages one to three and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group. Thursdays at 9:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

PRESCHOOL STORYTIME AT BELLE COOLEDGE LIBRARY – Preschoolers ages three and older and their caregivers are invited for fun songs, stories, fingerplays and a play activity. Thursdays at 11 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

SING ALONG WITH MISTER COOPER - Join neighborhood favorite Mister Cooper for 30 minutes of music time and freeze dancing for families. Saturdays from 11 a.m. to 11:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

YOGA CLASSES AT PARKSIDE COMMUNITY CHURCH: **Svaroopa ©/Restorative Yoga** classes are a journey into yourself. Beginning by walking through the door, settling in a relaxation pose, guided through self awareness, breathing and poses. The poses are propped to meet your deepest muscular tension. As the support of props, specific alignments and the weight of your body gently reach into these deep tender areas, your spinal muscles release and let go. Side effects of this deep release are Bliss, resolving stress and fear, and a deep appreciation of yourself. Physical effects that have been reported are pain relief, improved respiratory, circulatory, immune, neurological systems and more. Walking out of the class you feel a greater sense of wellbeing. This is a body, mind and spirit filled experience. Thursdays 7:15-9:00pm advanced. Questions 916-833-9444. **Hatha Yoga** – breath, meditation, and postures with various forms of movement to help release tension throughout the entire mind and body. You'll sweat a little, relax a lot, and leave feeling strong, calm and connected.

*Hatha Flow is Level 1-2 class and is suitable for active beginner and intermediate students. Wear comfortable, form-fitting clothes. Questions, Call (718) 578-5258 or email: eva@evacollins.com
Hatha Flow Classes Thursdays 5:45-7:00pm. All Classes held at Parkside Community Church Fellowship Hall
5700 South Land Park Drive; 916-428-7927.

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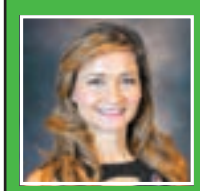



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Life on Two Rivers: Sacramento's Typical Ten

By ELLEN COCHRANE

A few days ago there was a flurry on Nextdoor when a neighbor spotted an odd bird in the neighborhood. The birders debated and determined it to be a Ruby Crowned Kinglet. It's great to see the less common birds in the neighborhood, but it's also rewarding to note our usual suspects—the Sacramento Typical Ten.

California Scrub Jay

You've seen this bird thousands of times but now it has just received a new scientific designation. Experts recently split the California scrub jay into two species. We see the California scrub jay daily, while the newly named, smaller Woodhouse Jay lives in eastern California. Saucy, raucous and bold, these boisterous members of the crow family love our neighborhood oak trees in the fall.

Dark-eyed Junco

Small and formally attired in black and white, the Junco is an insect lover. My backyard Junco loves to sit on the phone line, ready to pounce on a hapless bug. He also loves the pool, hovering quickly over it several times a day to take a sip.

House Finch

Rosy blush on the face, small and brownish, it often slips into the SBB—small brown bird category.

Scientists estimate that there may be a billion house finches in the United States. They love human habitats and are crazy about feeders.

Mourning Dove

It's said to be good luck if doves nest at your house. A pair chose our decorative beams last year and we watched as they raised three clutches. This ground, seed feeder is one of America's most abundant birds. Listen for its sad, lamenting call.

American Crow

There was a crow with white feathers hanging out on M Street this summer. It's was part of a noisy family that lived on 41st. Thousands of crows fly into downtown at night. Ornithologists believe they are seeking radiant heat and safety from predators on the downtown roofs and trees.

Red-tailed Hawk

When McKinley Village developers mowed and plowed the development field a flotilla of Red-tailed showed up, circling high and low, following the tractors and catching the mice and voles making a run for it. This is another resident that gives us a great reason not to use rat poison. Squirrels, mice and rats are all on the menu for this soaring hunter.

Northern Mockingbird

A baby's cry, a lawnmower and a panoply of bird calls. Expect it all from this mimic. It's mostly the male calling out for a mate, but scientists note that the calls change with the seasons, hinting that these glorious flashes of white and grey might be singing the praises of the day.

Anna's Hummingbird

Salvia flowers and hummingbirds go together like sock and foot. The hutzpah and boldness of this micro whirlwind is astounding. While red is this bird's favorite color, avoid dye in your feeders. Over consumption may be harmful. The red decorative flowers will be ample to attract the birds.

Northern Flicker

There! There! A distinctive, rakish call or a moderate drumming announces these woodpeckers. They do forage on the ground, but in the city you will most likely see their rusty underwings flash in the treetops.

North American Robin

Birders tell me that young birds will have goofy or half-baked calls while they're learning the ropes. In San Francisco's Randall Museum of Science, Nature and the Arts I observed a caged robin mumble and murmur sad little tweets and whistles, unlike the bold cheery calls of free robins. This is often the first bird a child will see rustling up worms on a rainy Sacramento lawn.

After the household dog and cat are identified, children usually start to notice the birds. Pointing out and naming our common species is a great way to introduce kids to the wildlife outside our front doors, and who knows, maybe you'll use this list as a jump start to becoming a life lister birder yourself.

Ellen Cochrane is a University of California certified naturalist.



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Halloween 2017



Photo courtesy

Staff at Revere Court know how to have fun! Celebrating Halloween appears to be an all-out affair at the memory care and adult day center, located at 7707 Rush River Drive.



Photo by Linda Pohl

A local Greenhaven neighborhood display featured a blow-up cemetery and some creepy crawlers.

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